



Operation Walk



Photos:
U.S. Army Courtesy

Freedom USAG Bamberg

Get fit and stay healthy - Show your Support to our deployed troops by joining the **Operation Walk 4 Freedom** program, a one-year wellness initiative for everyone. Receive a free pedometer, meet new friends and get involved in your Community! Collect miles wherever you see the **Operation Walk 4 Freedom** logo. Register through your FRG or the Bamberg Health Promotion Office at DSN 354-6793 or e-mail Bamberg-Health-promotion@cmtymail.98asg.army.mil for more details.

Assessments:

June 12, 9 a.m.-12 p.m.

June 13, 12-3 p.m. & 4:30-7 p.m.

June 14, 9 a.m.-12 p.m.

at Bamberg Freedom Fitness Facility

Bamberg-Health-Promotion@cmtymail.98asg.army.mil